According to the 2015 Community Health Assessment, 26 percent of American Indian/Alaska Native adults living in the CTUIR CHSDA (which includes Umatilla and Union counties) has been diagnosed with diabetes. This rate is higher compared to Umatilla County, Union County, Oregon and the United States as a whole.

**WHAT IS DIABETES?**

Diabetes occurs when an individual's blood glucose, or blood sugar, levels are too high. This means that glucose, which the body uses for energy, is not reaching the cells.

There are two main types of diabetes:

**Type 1**
- The body cannot produce the insulin it needs

**Type 2**
- The body produces too little insulin or is unable to respond to it

**MANAGING DIABETES**

If you have diabetes, keep your health on track:

- Take your medications as prescribed by your doctor
- Relish and maintain a healthy weight
- Add more physical activity to your daily routine
- Control your A1C—HbA1c, blood pressure, and cholesterol levels
- Kick the smoking habit

**PREVENTING DIABETES**

12% of American Indian/Alaska Native adults living the CTUIR CHSDA (Umatilla and Union counties) are prediabetic.

Being diagnosed with prediabetes means your blood sugar level is higher than normal. Prediabetes can lead to type 2 diabetes.

Type 2 diabetes can be prevented through lifestyle change.

**PREVALENCE OF DIABETES**

Among all ethnic and racial groups in the United States, American Indians/Alaska Natives have the greatest chance of having diabetes.

Nearly 1 out of 6 American Indians/Alaska Natives have diabetes.

95% of American Indians/Alaska Natives with diabetes, have Type 2 diabetes (as opposed to Type 1 diabetes)

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**REDUCE YOUR RISK OF DEVELOPING DIABETES WITH THESE TIPS:**

1. **Move More**
   - Physical activity can help you lose weight, lower your blood sugar and boost your sensitivity to insulin, helping to keep your blood sugar within a normal range.

2. **Eat More Fiber**
   - Eating plenty of fiber can help improve blood sugar control, lower your risk of heart disease, and promote weight loss by helping you feel full. Foods high in fiber include fruits, vegetables, whole grains, beans and nuts.

3. **Stress Less**
   - Feeling stressed causes the body to release hormones that increase blood sugar. Search for ways to cope with stress including meditation, physical activity and social support.

For more information: Contact Shoshoni Walker, Health Educator, at 541-240-8436